

## USDA National Nutrient Database for Standard Reference Release 28

## Statistics Report 01085, Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)

Report Date: December 05, 2015 12:14 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <sup>1</sup>	g	90.84	--	0.032	90.58	91	11.0	90.768	90.91	1	Analytical or derived from analytical	--	03/2003
Energy	kcal	34	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Energy	kJ	143	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Protein <sup>1</sup>	g	3.37	--	0.032	3.27	3.67	11.0	3.299	3.442	1	Analytical or derived from analytical	--	03/2003
Total lipid (fat) <sup>1</sup>	g	0.08	--	0.009	0.05	0.14	11.0	0.061	0.099	1	Analytical or derived from analytical	--	03/2003
Ash <sup>1</sup>	g	0.75	--	0.006	0.71	0.78	11.0	0.741	0.766	1	Analytical or derived from analytical	--	03/2003
Carbohydrate, by difference	g	4.96	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total <sup>1</sup>	g	5.09	--	0.048	4.67	5.27	11.0	4.99	5.199	1	Analytical or derived from analytical	--	12/2002
Sucrose <sup>1</sup>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002

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Glucose (dextrose) <sup>1</sup>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Fructose <sup>1</sup>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Lactose <sup>1</sup>	g	5.09	--	0.048	4.67	5.27	11.0	4.99	5.199	1	Analytical or derived from analytical	--	12/2002
Maltose <sup>1</sup>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Galactose <sup>1</sup>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
<b>Minerals</b>													
Calcium, Ca <sup>2 3 4 5</sup>	mg	122	--	0.946	--	--	--	--	--	4	Analytical or derived from analytical	--	12/2008
Iron, Fe <sup>2 3 4 5</sup>	mg	0.03	--	0.003	--	--	--	--	--	4	Analytical or derived from analytical	--	12/2008
Magnesium, Mg <sup>1 6 7 8 9 10 11 12</sup>	mg	11	--	0.071	6	12	13.0	10.67	10.978	8	Analytical or derived from analytical	--	01/2004
Phosphorus, P <sup>1 6 7 8 9 10 11 12</sup>	mg	101	--	0.424	51	104	10.0	99.961	101.842	8	Analytical or derived from analytical	--	01/2004
Potassium, K <sup>1 6 7 8 9 10 11 12</sup>	mg	156	--	0.764	149	167	9.0	154.104	157.574	8	Analytical or derived from analytical	--	01/2004

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Sodium, Na <a href="#">1</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a>	mg	42	--	0.421	30	62	11.0	40.979	42.845	8	Analytical or derived from analytical	--	01/2004
Zinc, Zn <a href="#">1</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a>	mg	0.42	--	0.003	0.28	0.45	14.0	0.413	0.427	8	Analytical or derived from analytical	--	01/2004
Copper, Cu <a href="#">1</a>	mg	0.013	--	0.000	0.01	0.02	20.0	0.013	0.013	1	Analytical or derived from analytical	--	01/2004
Manganese, Mn <a href="#">1</a>	mg	0.003	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	01/2004
Selenium, Se <a href="#">1</a>	µg	3.1	--	0.260	2.1	4.3	10.0	2.536	3.695	1	Analytical or derived from analytical	--	03/2003
Fluoride, F <a href="#">1</a>	µg	3.1	--	0.055	3	3.4	3.0	2.903	3.253	1	Analytical or derived from analytical	--	03/2006
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	0.0	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2003
Thiamin <a href="#">1</a>	mg	0.045	--	0.004	0.02	0.08	11.0	0.036	0.054	1	Analytical or derived from analytical	--	03/2003
Riboflavin <a href="#">1</a>	mg	0.182	--	0.004	0.16	0.2	11.0	0.174	0.19	1	Analytical or derived from analytical	--	03/2003
Niacin <a href="#">1</a>	mg	0.094	--	0.004	0.06	0.1	11.0	0.086	0.103	1	Analytical or derived from analytical	--	03/2003

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Pantothenic acid <sup>1</sup>	mg	0.357	--	0.005	0.34	0.36	3.0	0.341	0.374	1	Analytical or derived from analytical	--	12/2002
Vitamin B-6 <sup>1</sup>	mg	0.037	--	0.001	0.03	0.04	11.0	0.035	0.039	1	Analytical or derived from analytical	--	03/2003
Folate, total <sup>1</sup>	μg	5	--	0.000	5	5	--	--	--	1	Analytical or derived from analytical	--	12/2002
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	5	--	0.000	5	5	--	--	--	1	Analytical or derived from analytical	--	05/2009
Folate, DFE	μg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Choline, total <sup>1</sup>	mg	15.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Betaine <sup>1</sup>	mg	1.9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-12 <sup>2 3 4 5</sup>	μg	0.50	--	0.069	--	--	--	--	--	4	Analytical or derived from analytical	--	12/2008
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	μg	61	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Retinol	μg	61	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Carotene, beta	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01077	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01077	12/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01077	12/2002
Vitamin A, IU	IU	204	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01077	12/2002
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01077	12/2002
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	0.01	--	0.002	0	0.02	11.0	0.002	0.009	1	Analytical or derived from analytical	--	12/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta <sup>1</sup>	mg	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Tocopherol, gamma <sup>1</sup>	mg	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Tocopherol, delta <sup>1</sup>	mg	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Vitamin D (D2 + D3)	µg	1.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Vitamin D3 (cholecalciferol) <sup>2 3 4 5</sup>	µg	1.2	--	0.061	0.1	1.9	11.0	1.034	1.302	4	Analytical or derived from analytical	--	05/2009
Vitamin D <sup>2 3 4 5</sup>	IU	47	--	2.431	5	74	11.0	41.37	52.087	4	Analytical or derived from analytical	--	05/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin K (phylloquinone) <sup>1</sup>	µg	0.0	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
<b>Lipids</b>													
Fatty acids, total saturated	g	0.056	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
4:0	g	0.004	--	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
6:0	g	0.000	--	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
8:0	g	0.001	--	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
10:0	g	0.002	--	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
12:0	g	0.001	--	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
14:0	g	0.008	--	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
16:0	g	0.025	--	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
18:0	g	0.009	--	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
16:1 undifferentiated	g	0.003	--	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
18:1 undifferentiated	g	0.018	--	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Fatty acids, total polyunsaturated	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
18:2 undifferentiated	g	0.002	--	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
18:3 undifferentiated	g	0.001	--	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Cholesterol	mg	2	--	0.070	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
<b>Amino Acids</b>													
Tryptophan <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.043	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Threonine <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.144	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Isoleucine <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.174	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Leucine <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.319	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Lysine <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.282	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Methionine <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.088	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Phenylalanine <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.175	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Tyrosine <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.170	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Valine <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.221	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Arginine <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.096	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Histidine <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.102	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Alanine <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.114	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Aspartic acid <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.288	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Glutamic acid <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.757	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Glycine <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.067	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011

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Proline <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.332	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Serine <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.203	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Hydroxyproline <a href="#">1</a>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2001
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2001

**Sources of Data**<sup>1</sup>*Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6b, 2002 Beltsville MD*<sup>2</sup>*Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11a, 2007 Beltsville MD*<sup>3</sup>*Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11b, 2007 Beltsville MD*<sup>4</sup>*Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11c, 2007 Beltsville MD*<sup>5</sup>*Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11d, 2007 Beltsville MD*<sup>6</sup>*Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1995*<sup>7</sup>*Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1996*<sup>8</sup>*Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1997*<sup>9</sup>*Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991*<sup>10</sup>*Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1992*<sup>11</sup>*Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1993*<sup>12</sup>*Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1994*